

PRE-TEEN – WEEK 5

ONLINE ACTIVITIES



Monday August 2 nd	Tuesday August 3 rd	Wednesday August 4 th	Thursday August 5 th	Friday August 6 th
HOLIDAY		WATER WEDNESDAY		FIELD TRIP FRIDAY
	9:15 AM THE HEART OF MUSIC <i>Circle Time</i>	9:15 AM HEALTHY EATING <i>Circle Time</i>	9:15 AM SPELL YOUR NAME FITNESS <i>Circle Time</i>	9:15 AM KARATE <i>Circle Time</i>
	9:30 AM 1:1 TIME TOGETH 	9:30 AM 1:1 TIME TOGETH 	9:30 AM 1:1 TIME TOGETH 	9:30 AM 1:1 TIME TOGETH
		11:15 AM ESSENTIAL LIFE SKILLS NUTRITIONAL LEARNING		11:00 AM GUEST SPEAKER YOGA
	12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK	11:20 PM LUNCH BREAK
	1:00 PM PRE-TEEN ARTS PAPER MACHE MARACAS	WATER FIGHT - OFFLINE ACTIVITY - <i>Water balloons provided ☺</i>	1:00 PM DANCE PARTY <i>All Camp Participants Invited</i> 	1:00 PM 1:1 TIME TOGETH
	1:30 PM 1:1 TIME TOGETH 		1:45 PM 1:1 TIME TOGETH 	
	2:30 PM WIND DOWN BODY PERCUSSION	2:30 PM WIND DOWN EXERCISE IS MIRACLE GRO FOR THE BRAIN	2:30 PM WIND DOWN MOVEMENT GAME	2:30 PM WIND DOWN MINUTE-TO-WIN-IT GAMES

All program activities are subject to change without notice.

PRE-TEEN – WEEK 4

OFFLINE ACTIVITIES



ACTIVITY	TYPE	MATERIALS PROVIDED	MATERIALS REQUIRED
Paper Mache Maracas	ONLINE	1X container flour Newspaper 2X balloons Paint Paint brush 1X baggy of Rice 2X unsharpened pencil Masking tape (few feet) 1X baggy beads	Water Mixing bowl Mixing spoon
Xylophone Glasses	ONLINE	Food coloring	3X clear glasses 1X spoon (Metal) Water
Nutritional Learning	ONLINE	1X Paper Plate 1X marker grocery store flyers 1X glue stick	1X scissors
Minute-to-win-it game	ONLINE	10X cups 2X paper bowls 1X Straw Baggy of M&M's 5X nuts 1X Wooden skewer stick 1X long bolt 1X ping pong ball	Water
Create your own Dance	OFFLINE		Device to play music
Side Walk Paint & Hop Scotch	OFFLINE	1X cup corn starch Paint brush Food coloring	Water Mixing bowl Spoon Cupcake tray
Paper Plate Tambourine	OFFLINE	1X Paper Pate – with holes pre punched 6X jingle bells Paint Paint brush 1X Glitter glue Yarn	
Drawing	OFFLINE	3X white Paper 1X pencil Markers/crayons	
Coloring	OFFLINE	Print off coloring sheets Markers/crayons	

PRE-TEEN – WEEK 4

OFFLINE ACTIVITIES



Keep the balloon off the ground/Balloon Volleyball	OFFLINE	1X Balloon	
Balloon Tennis	OFFLINE	2X paper Plates 2X large popsicle sticks 1X small container of glue or hot glue gun 6-8X Stickers Markers/Crayons 1X Balloon	
What Doesn't Belong	OFFLINE	1X print off sheet Pencil	
Jump Rope Challenge	OFFLINE	1X print off sheet 1X Jump rope – <i>The Lending Library</i>	
Picnic Scavenger Hunt	OFFLINE	1X print off sheet 1X pencil	
GAME <i>Time</i>	OFFLINE	None	<i>Break out your favorite games or check out our Lending Library for other games!</i>
★ SCAVENGER HUNT ★	OFFLINE	Scavenger hunt list	Pencil, camera or bucket (for collecting items)
LENDING LIBRARY	OFFLINE	<i>We have a variety of specialized recreation, play, and sensory equipment! Request items here:</i> https://sites.google.com/adaptabilities.ca/lendinglibrary/resource-catalogue	None